**COMMUNICATION**
- Verbal
- Pre-verbal
- Non-verbal

*You can communicate with me best by using:*
- Simple language with extra time to process the information
- Pictures
- Written words
- Technology

*When I am calm I am able to:*
- Follow verbal and nonverbal directions
- Use visuals to help follow directions
- Indicate my likes and dislikes
- Request what I want or need

**STRENGTHS**
*I'm really good at or I really like:*
- Sports
- Music
- Movement
- Video Games
- Art
- Other:

**CHALLENGES**
*I have challenges with:*
- Self-regulation
- Yelling or swearing
- Wandering or running away
- Aggressive behavior
- Self-injurious behavior
- Spitting
- Repetitive rituals
- Maintaining personal space
- Other

**WHEN I AM UPSET YOU CAN HELP BY:**
- Increasing space
- Offering choices (visually)
- Using visuals, written words, or pictures
- Reducing language (including stop talking)
- Reducing demands
- Offering a break or fidgets
- Other:
THINGS TO KNOW ABOUT ME

Likes & Special Interests

SENSORY CHALLENGES

TRIGGERS

HELPFUL TOOLS

For more information contact:
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